



# Healthy Challenge!!!

Track your progress for 3 days and you'll see that eating 5 to 9 a day is easy!

KEY FOR COLORFUL FRUITS AND VEGGIES			
<span style="color: green;">●</span>	G = green	<span style="color: blue;">●</span>	B/P=blue/purple
<span style="color: red;">●</span>	R = red	<span style="color: brown;">●</span>	W/B=white/brown
<span style="color: yellow;">●</span>	Y/O = yellow/orange		

Breakfast    Lunch    Dinner    Snacks    TOTAL #of F & V/color code

CUPS of Water

PHYSICAL  
ACTIVITY

Total minutes each day.  
Goal: 30 minutes

Day 1

\_\_\_\_\_

Day 2

\_\_\_\_\_

Day 3

\_\_\_\_\_

HEIGHT \_\_\_\_\_ JUST A FEW QUESTIONS WEIGHT \_\_\_\_\_

POSITION TITLE: \_\_\_\_\_

How long have you been in this position? \_\_\_\_\_

Does your worksite have a health promotion program? \_\_\_\_\_

If yes, does it have a 5 A Day component? \_\_\_\_\_

Physical activity component? \_\_\_\_\_

Reasons you eat fruits and vegetables (check all that apply)?

☐ they taste good      ☐ replace higher fat foods      ☐ convenient  
☐ they are healthy      ☐ to lose weight      ☐ other \_\_\_\_\_

Reasons you participate in physical activity?

☐ for my health      ☐ to lose weight      ☐ I enjoy it  
☐ socialization      ☐ other \_\_\_\_\_

## WHAT'S A SERVING ?

The 5 A Day for Better Health Program defines one serving as:

- ❖  $\frac{3}{4}$  cup or 6oz., 100% fruit or vegetable juice
- ❖  $\frac{1}{2}$  cup cut-up raw or cooked vegetables or fruit
- ❖  $\frac{1}{4}$  cup dried fruit
- ❖ 1 cup raw, leafy vegetables
- ❖  $\frac{1}{2}$  cup dried, cooked, or canned peas or beans

